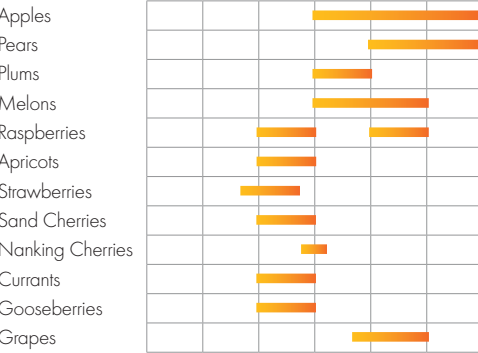
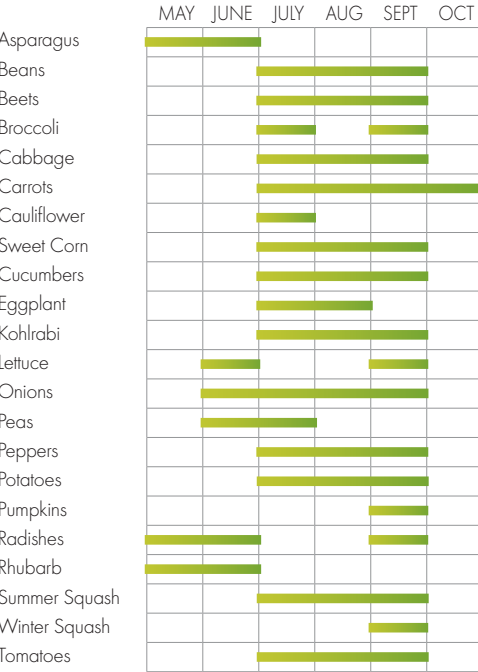


# VEGETABLES

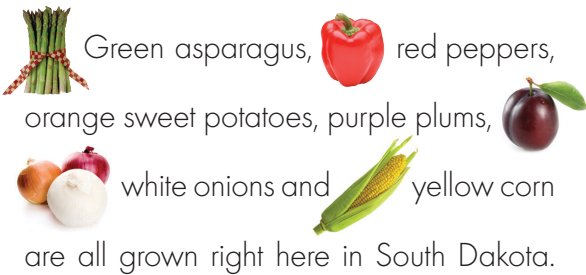
# FRUITS

## SOUTH DAKOTA FRUITS & VEGGIES Availability Guide



# THINK HEALTHY THINK COLOR

Eating more fruits and veggies of different colors gives your body a full range of valuable nutrients like fiber, folate, and potassium as well as vitamins A and C.



When you eat more. **YOU GET MORE!**

Because they are great sources of many vitamins, minerals and other natural substances, eating more fruits and veggies is one of the easiest ways to improve your diet. They are low in fat and rich in vital nutrients which helps to lower your risk of developing cancer and other chronic diseases like diabetes, heart disease and high blood pressure.



**FIBER**  
Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease.  
**EXCELLENT\* VEGETABLE SOURCES:**  
navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

**FOLATE**  
Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.  
**EXCELLENT VEGETABLE SOURCES:**  
black eyed peas, cooked spinach, great northern beans, asparagus

**POTASSIUM**  
Diets rich in potassium may help to maintain a healthy blood pressure.  
**GOOD\*\* FRUIT AND VEGETABLE SOURCES:**  
sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

**VITAMIN A**  
Vitamin A keeps eyes and skin healthy and helps to protect against infections.  
**EXCELLENT FRUIT AND VEGETABLE SOURCES:**  
sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

**VITAMIN C**  
Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.  
**EXCELLENT FRUIT AND VEGETABLE SOURCES:**  
red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

\***EXCELLENT SOURCES:** These foods contain 20 percent or more of the Daily Value per reference amount.  
\*\***GOOD SOURCES:** These foods contain 10 to 19 percent of the Daily Value per reference amount.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



fruits&veggies  
MOREMATTERS

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## fruits&veggies WHAT'S A SERVING?

Eating the recommended amount of fruits and vegetables is so easy. Try drinking orange juice at breakfast and having an apple for a snack. Then enjoy a salad at lunch and 2 vegetables at dinner. **IT'S THAT SIMPLE.**

### FRUITS



1/2 cup fruit (4 large strawberries)



3/4 cup 100% juice



1/4 cup dried fruit

### VEGETABLES



1 cup leafy vegetables



1 cup raw, non-starchy vegetables



1/2 cup cooked, non-starchy vegetables



1/2 cup tomato or vegetable juice

For more information on where to find the freshest South Dakota grown fruits and veggies, please visit: [www.sdlocalfood.org](http://www.sdlocalfood.org)



## HOW DO YOU FIT A RAINBOW OF FLAVOR INTO YOUR DIET?

Try some of these quick and simple tips to help you **GET MORE** fruits and veggies in your diet!

- Top your morning cereal, waffles, pancakes or yogurt with 1/2 cup of fresh fruit.
- Mix in vegetables like broccoli, spinach, mushrooms, bell peppers or tomatoes into your egg or egg white omelet.
- Add cooked, mashed sweet potatoes or carrots into your kids' mac & cheese or grilled cheese.
- Include sliced or diced red peppers, chopped spinach and shredded carrots into each layer of your lasagna.
- Dress up taco night with more veggies like red, yellow or green peppers, avocado and fresh homemade salsa.
- Try substituting fresh spinach for iceberg lettuce on sandwiches and in salads.
- Add pureed vegetables to any pasta sauce, soup or stew.
- While fresh is always a great choice, don't forget that canned and frozen fruits and vegetables are often just as nutritional and can add color and flavor to every meal.

## THINK HEALTHY. THINK FRESH RECIPES.

These healthy recipes showcase a variety of fresh ideas using nutritious and delicious combinations of fruits and vegetables that will bring great flavor and color to your table.

### CHICKEN and RICE CASSEROLE with SUMMER VEGETABLES

- 1 TABLESPOON VEGETABLE OIL
- 1 MEDIUM ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 RED SWEET PEPPER, CHOPPED
- 1 MEDIUM ZUCCHINI, CHOPPED
- 1 POUND CHICKEN BREAST MEAT, TRIMMED AND CUT INTO 3-INCH PIECES
- 2 MEDIUM TOMATOES, CHOPPED
- 1 CUP BROWN RICE
- 3 CUPS UNSALTED CHICKEN BROTH
- 1/2 TEASPOON SALT
- 1/2 TEASPOON FRESHLY-GROUND PEPPER
- 3 TABLESPOONS CHOPPED PARSLEY



Coat the bottom of a large, heavy-bottom saucepan with the vegetable oil. Add the onion, garlic, red pepper, and zucchini to the pan. Cook over low heat, stirring occasionally, until the vegetables are very soft, about 5 minutes. Add the chicken and turn the heat up to medium-high. Stir until the chicken is cooked lightly on all sides. Add the tomatoes, rice, chicken broth and salt. Bring the broth to a boil and then adjust the heat to maintain a slow simmer. Let the casserole simmer until the rice is tender, about 45 minutes. Stir in the pepper and the parsley and serve.

YIELDS 6 SERVINGS. EACH SERVING CONTAINS 262 CALORIES (21% FROM FAT). FAT 6G. CHOLESTEROL 41MG. FIBER 3MG. SODIUM 255MG.

### APPLE-CABBAGE SLAW



- 3 CUPS CABBAGE, SHREDDED
  - 2 CUPS RED DELICIOUS OR WINESAP APPLES, DICED
  - 1 CUP CELERY, SLICED DIAGONALLY
  - 1/4 CUP ONION RINGS, THINLY SLICED (optional)
- PINEAPPLE-YOGURT DRESSING (recipe follows)

#### Pineapple-Yogurt Dressing

- 1/3 CUP PLAIN LOWFAT YOGURT
- 2 TABLESPOONS PINEAPPLE JUICE
- 1/4 TEASPOON PREPARED MUSTARD
- 1/8 TEASPOON CELERY SEEDS

Combine cabbage, apples, celery, and onions. Gently toss with Pineapple-Yogurt Dressing.

YIELDS 6 SERVINGS. EACH SERVING CONTAINING 49 CALORIES (9% FROM FAT). FAT 0.5G. CHOLESTEROL 1MG. FIBER 2G. SODIUM 36MG.

### THAI-STYLE BEEF SALAD

- 1 POUND BEEF SIRLOIN STEAK (1/2-inch thick)
- 1 3/4 TABLESPOONS REDUCED-SODIUM SOY SAUCE
- 2 TABLESPOONS RICE VINEGAR
- 1 TABLESPOON LEMON JUICE
- 1 1/2 TEASPOONS BROWN SUGAR
- 1 LARGE CLOVE GARLIC, MINCED
- 1 TEASPOON ORIENTAL SESAME OIL
- 1/4 TEASPOON RED PEPPER FLAKES
- 4 CUPS SHREDDED ICEBERG LETTUCE
- 1 1/2 CUPS SHREDDED CARROTS
- 1 CUP THINLY-SLICED GREEN ONIONS
- 1 CUP COOKED THIN SPAGHETTI (2 ounces dry)
- 1/2 CUP LOOSELY-PACKED FRESH CILANTRO LEAVES



Cut beef into strips 2 inches long by 4 inches wide. In large non-stick skillet, stir-fry beef strips over high heat until brown, about 3 minutes. Remove from pan; cool to room temperature. To make dressing, in small bowl mix soy sauce, vinegar, lemon juice, brown sugar, garlic, sesame oil, and red pepper flakes; set aside. In a large bowl combine beef with remaining ingredients; toss with reserved dressing. Serve immediately.

YIELDS 6 SERVINGS. EACH SERVING CONTAINING 49 CALORIES (9% FROM FAT). FAT 0.5G. CHOLESTEROL 1MG. FIBER 2G. SODIUM 36MG.